

Write a Letter to the Editor to Support Vermont Farm to School!

HERE'S WHAT TO DO

Write a letter to your local newspaper (the paper that covers the area where you live). Send your letter by email, and only send it to one paper at a time. Do not cc (or bcc) multiple newspapers. A list of papers and contacts we want to get letters to is below.

WRITE A 3-PARAGRAPH LETTER

Paragraph 1: State you support expanding Farm to School in Vermont and more state funding is needed.

Paragraph 2: Write two or three short sentences about why you support Vermont Farm to School. (A few ideas are listed on the next page to get you started, but please use your own words!)

Paragraph 3: Say that you hope your legislators will work to get this important program funded at the \$500,000/year level.

Your completed letter should be no more than five or six sentences. Be sure to include your full name, town, phone number, and email address.

DAILY PAPERS

Bennington Banner, Bennington
news@benningtonbanner.com

Brattleboro Reformer, Brattleboro
news@reformer.com

Burlington Free Press, Burlington
letters@bfp.burlingtonfreepress.com

Caledonian Record St., Johnsbury
news@caledonian-record.com

Eagle Times (NH), Claremont, NH
news@eagletimes.com

Newport Daily Express, Newport
editor@newportdailyadv.com

Rutland Herald, Rutland
david.moats@rutlandherald.com

St. Albans Messenger, St. Albans,
emerson@samessenger.com

Times Argus, Barre-Montpelier
letters@timesargus.com

Valley News, Upper Valley
forum@vnews.com

WEEKLY PAPERS

Addison Independent, Middlebury
news@addisonindependent.com

Barton Chronicle, Barton
news@bartonchronicle.com

Brandon Reporter, Brandon
news@brandonreporter.com

Charlotte News, Charlotte
news@charlottenewsvt.com

Colchester Sun, Colchester
news@essexreporter.com

County Courier, Enosburg Falls
countycourier@gmail.com

Deerfield Valley News, West Dover
letters@vermontmedia.com

Essex Reporter, Colchester
news@essexreporter.com

Hardwick Gazette, Hardwick
news@thehardwickgazette.com

Manchester Journal, Manchester
Center, news@manchesterjournal.com

Milton Independent, Milton
indy@together.net

Montpelier Bridge, Montpelier
mpbridge@sover.net

News & Citizen, Morrisville
edit@newsandcitizen.com

Northfield News, Northfield
nnews@trans-video.net

Randolph Herald, Randolph
editor@ourherald.com

Shelburne News, Shelburne
news@shelburnenews.com

Stowe Reporter, Stowe
news@stowereporter.com

The Islander, South Hero
islander@vermontislander.com

The Journal Opinion, Bradford,
editor@jonevs.com

The Message, Chester
message@vermontel.net

The Observer, Jamaica
news@vermontobserver.com

The World, Barre
editor@vt-world.com

Town Crier, Bellows Falls/
Brattleboro-Wilmington,
thagerman@thetowncriers.com

Transcript, Morrisville
edit@newsandcitizen.com

Vermont News Guide, Manchester
Center, vng@hersamacornvt.com

Vermont Standard, Woodstock
vstand@sover.net

Waitsfield Valley Reporter, Waitsfield
news@valleyreporter.com

Waterbury Record, Waterbury,
news@waterburyrecord.com

Williston Observer, Williston,
editor@willistonobserver.com



Find more @
vermontfarmtoschool.org

Date:
Your Name:
Your Phone Number:
Your Address:
Letter to The Editor
News Source Name:
News Source Address:

Dear Editor:

I support expanding Farm to School and Early Childhood programs in Vermont and believe that more state funding is needed. I also support a local purchasing incentive for schools to increase the amount of local food served in Vermont schools.

I support Farm to School because _____

I hope that my legislators, _____ ,
will support an increase of funding for Vermont Farm to School and Early Childhood programs for a total appropriation of \$500,000 per year and the implementation of a local purchasing incentive for schools across the state.

Sincerely,

Print Name:

Signature:

.....
please cut the top portion off from this bottom list of ideas before sending to your paper

Ideas to get you started (please use your own words in your letter):

- Every \$1 spent on local food in Vermont schools contributes an additional 60¢ to the local economy.
- Increasing the amount of local food served in Vermont schools expands a stable market for Vermont farmers.
- Establishing healthy eating habits early in a child’s life is critical for preventing diet related diseases later in life.
- Teaching children how to eat healthily and take care of themselves will benefit this current generation and future generations.
- 1 in 7 Vermont children live in food insecure homes, an adverse childhood experience
- 90% of the brain has developed by age 5. Healthy, nutritious food is vital to healthy brain development.
- Currently, 26% of VT teens are overweight or obese; Farm to School, Farm to Early Childhood, and school nutrition programs can help to reverse this trend.
- Vermont schools with active Farm to School programs report declines in absenteeism and school nurse visits.
- Farm to School enhances overall academic achievement in K-12 settings and improves life skills, self-esteem, social skills and behavior.
- Farm to School helps educates children them about agriculture, the eonvironment, and where healthy and local food comes from and how to access it.
- Vermont schools with active Farm to School Programs report twice the national average in vegetable consumption and more opportunities to learn about food and nutrition
- Serving healthier, local food has been proven to increase participation in school nutrition programs. This means more kids, especially those coming from homes that are struggling to put food on their own tables, are eating nutritious meals which help them grow and thrive at school.